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NEXT ISSUE: TUESDAY, SEPTEMBER 20
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TRENDY TIMES

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SEPTEMBER 6, 2016 VOLUME 7 NUMBER 24

Northeast Kingdom Chamber Needs Your Help In Getting American Pickers To Visit The Region

American Pickers' Mike Wolfe and Frank Fritz are hoping to travel to the Northeast Kingdom this fall to unearth finds for their popular History Channel show. According to Darcie McCann, executive director of the Northeast Kingdom Chamber, a representative from the show called the chamber this week seeking the organization's assistance in getting the word out for leads on valuable and sought-after antiques in the region.

The American Pickers show debuted in January 2010 and follows the adventures of "pickers" Mike and Frank as they traverse the nation in their trusty van looking for antiques and collectibles for their business in Le-

Claire, Iowa. As Wolfe puts it, "We travel the back roads of America looking to buy rusty gold. We're looking for amazing things buried in people's garages and barns."

"What most people see as junk," he continued, "we see as dollar signs. We'll buy 'anything' we think we can make a buck on. Each item we pick has a history all its own. And the people we meet? Well, they're a breed of their own. We make a living telling the history of America... one piece at a time."

In a flier sent to the chamber, the show's casting associate indicated the duo will consider anything from garden-variety collectibles to bicycles, taxidermy animals, folk art, Airstream Trailers,

old movie posters and toys and much more. The show representative asks that no retail shops or flea markets apply, as "Mike and Frank are modern-day archaeologists," looking for new finds.

With American Pickers heading to Vermont in the autumn, the Northeast Kingdom Chamber wants to make sure that a trip to the Kingdom is high on the show's list. She urges anyone with possible leads to contact 1-855-OLD-RUST (653-7878) or americanpickers@cineflex.com as soon as possible.

"Having seen the show many times," she said, "I know this would be very positive exposure for the Northeast Kingdom," she said. "If we are going to get

them to come to the area, we will need everyone's help to spread the message that leads are needed."

McCann requests anyone with any possible leads to contact the show and leave very detailed information on your collection, includ-

ing your name, town, state, phone number, where your collection is located and a description of your items. Individuals interested in more background on the request can contact McCann at the chamber at 802-748-3678 or director@nekchamber.com.



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TRENDY Dining Guide

Cider House Cafe

by Gary Scruton

With this article we want to welcome a new advertiser to the Trendy Dining Guide. The Cider House Cafe has been around for a number of years now, but this was our first chance to stop in and write about our experience. (Forgive me for reminiscing for just a moment, but almost seven years ago, the day the very first Trendy Times came out, Janice & I, along with my sister and her husband visited Cider House Cafe to celebrate that grand beginning.

Since that day many things have stayed the same, and many things have remained the same at Cider House (and Trendy Times). The biggest change is that the Cafe has moved. Not far, right next door, but into a

bigger and presumably better facility. What has stayed the same is that they make some great donuts and a wonderful breakfast.

We visited on a Sunday morning just before they swapped over to their luncheon menu. The Cider House Cafe is set up like many such eateries, you walk in the front door and across the dining area to the counter that sits in front of the kitchen area. There is a big blackboard menu up over the counter, but there were also some laminated two sided menus on the counter. We grabbed one and stepped off to one side to make our choices for the morning.

Janice decided to try the breakfast burrito. I asked for pancakes.

“Short stack of 2, or regu-

lar stack of 3?”

“I’ll take the big stack please.”

“And do you want plain buttermilk or blueberry?”

“Blueberries would be great. And please add an order of sausage.”

Plus we both got a cup of coffee. The counter person gave us a basket with two complementary cider donuts and a shaker with sugar. We moved to one side and filled our cups from the three

types of coffee standing by in push pots. We then grabbed silverware and napkins and went to find a seat. We sat indoors, next to a window so we could enjoy the view, but there were several choices of seating locations outside as well.

When breakfast was ready it was brought out to our table. My pancakes were plenty big enough with blueberries like you expect to get at home. The sausage patty was also a good size with an equally good taste. The real maple syrup (it was a bit extra, but this was no time to scrimp) was also from a local producer like most of the foods that Cider House serves.

Janice’s breakfast burrito was of the soft shell type. It consisted of two eggs, onions, tomatoes, mushrooms and sausage. On the side were both a mild salsa and sour cream. Like the pan-

cakes the burrito was a solid, filling meal and the delicious homefries that came with it complimented it well.

The total cost for both our meals, coffee and donuts was just under \$20.00.

While this column talks mostly about the food we order and eat, there is always room to mention some of the extras from the eatery. The Cider House Cafe is on the same property as Windy Ridge Orchard and along with a gift shop, playground and Holstein cow train there are plenty of things to do before or after your meal.

Volume 7 Number 24
September 6, 2016

Not all Times are Trendy, but there will always be Trendy Times

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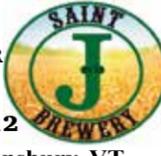
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TRENDY Dining Guide

Calamity Jane's

by Gary Scruton

Calamity Jane's Restaurant within sight of the missile in Warren is not a big fancy eatery with multiple rooms and an atmosphere of up scale dining. What Jane does offer is good food, a good reasonable price and an atmosphere of family. You can walk in, find a seat and the friendly waitress will soon show up to take your order. Another thing to mention about Jane's is that they are open only two nights a week, Friday and Saturday. But they are open six days a week for breakfast and lunch.

On our recent Friday night visit our waitress asked if we wanted menus, or were we there for the Friday Fish Fry? Now that is a good meal

with all the fish you want to eat, and it was certainly one of the meals considered by both of us. But we took menus and pondered the possibilities.

I finally decided to go with a breakfast meal. Jane offers most of your favorites. For long time readers of this column you know that I like my omelet and home fries. For me an omelet contains ham and cheese plus onions, along with the eggs. The home fries will take a little ketchup, thank you. And add a piece of toast (wheat, please). They all came out hot and quite tasty. The omelet came close to covering the platter type plate that is used to serve meals at Jane's. The serving of home fries was also plentiful and cooked just the way I

like them. Not too crispy, but cooked thru. And the toast was big enough that one of those jelly containers on the table barely was enough to cover the two half slices.

Janice looked over the menu and finally settled on chicken parmesan. It was real chicken, not ground up and formed into a patty, served over angel hair pasta. Lots of cheese on top was melted and she thought it may well have been finished off in the oven, nice and steaming hot. The meal was topped off with garlic toast. The dinner came with a choice of a side and Janice chose the chopped spinach. She said she enjoyed it immensely even if it did stick between her teeth.

As mentioned earlier Calamity Jane's does not pretend to be an upscale eatery. Instead they are happy to be the place where family and friends can go to get a good solid meal. It is also the kind of place where people seated at one table can talk to people at another table and still feel comfortable about doing so. For those of us at a different table, it can make for a great side show. (Thanks!). And if you are looking at price, our meals came in at a total just under \$29.00 before tax and that included a coffee and a soft drink.

All in all a meal at Calamity Jane's is, first and foremost, a good tasting meal. Secondly the price list for those meals show a price range that is easily affordable for locals, vacationers, or those looking for a new place to eat. And thirdly, there is an atmosphere that puts everyone at ease no matter which of those categories you might fall into.

Quick Facts About Cutting Boards

By Jessica Sprague,
Food Safety Field Specialist



One of the most frequent questions I receive as a Food Safety Field Specialist is whether wooden cutting boards are safe to use, especially with raw meat and poultry preparation. Wood surfaces can give the impression of being a haven for bacteria and other germs that we want to keep far away from our food. However, research suggests that cutting boards made out of a hard wood are safe to use for any type of food preparation.

Here are some quick tips for keeping cutting boards safe, no matter what the material.

All cutting boards, whether plastic, wood, ceramic or marble, should be cleaned and sanitized as necessary, and replaced when deeply scored or scratched.

How to Clean and Sanitize Your Cutting Boards:

1. Cleaning should be done with hot, soapy water.
2. Sanitizing plastic cutting boards can be done with a properly diluted bleach solution, approximately 1 Tablespoon of chlorine-based sanitizer (like bleach) to 1 gallon of water. Benjamin Chapman, an Extension Professor at North Carolina State University, recommends using quaternary ammonia based sanitizers for wooden surfaces, as they are more effective than chlorine-based sanitizers on that particular surface. Be sure to follow the label instructions on any sanitizer since concentrations and instructions for dilution can vary.
3. Air-drying is important for the care for your cutting board. The drying action serves as a final kill step

for any bacteria that may remain on or in the cutting board.

During food preparation, consider ways you can reduce the chance of cross-contamination. Prepare items like fruits, vegetables and breads (any ready-to-eat food) before preparing raw meat, poultry or seafood. Even then it's important to clean the cutting board between uses.

Another way to reduce cross-contamination is to purchase different cutting boards and designate them for different uses. For example, one for fruits, vegetables and ready-to-eat foods and another for raw meat, poultry and seafood. Purchasing cutting boards of a different color or material may be helpful. Having special cutting boards for each food doesn't do much good when no one can remember which is which!

No matter what type of cutting board you're using, once it is deeply scored it should be discarded. Those grooves can provide an ideal place for bacteria to hide out even after proper cleaning and sanitizing.

The question of whether wooden cutting boards are safe to use is a great one. As with most food safety topics, there are many different pieces of the puzzle to put together in order to stay safe. Keeping those cutting boards cleaned and sanitized, and keeping an eye on their condition is a great place to start. Happy chopping!

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County. She can be reached at 603-787-6944 or jessica.sprague@unh.edu.

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Country Comes To The Colonial September 10

Primary Day – September 13

There is one issue according to a past NBC News and the Wall Street Journal poll in which the vast majority or 80% of Americans agree. We, the majority, are concerned a “great deal” or “quite a bit” about the federal deficit and our national debt. In short, our country has a serious debt problem that far exceeds that which we want to pass on to our children or grandchildren.

The national debt continues to grow in terms of dollars that is difficult for anyone to truly comprehend. The debt of the United States of America is greater than \$19,442,736,000,000. That’s 19 Trillion hard earned American dollars! This debt translates to an amount of \$60,236 owed by every woman, man and child in the country.

In a few short days, New Hampshire voters will visit the election polls on Primary Day. Our system of govern-

ment provides each the opportunity to vote, and in doing so we decide who goes to Concord and Washington, D.C. Certainly, if 80% of Americans are concerned with the federal deficit and our national debt, then we should be able to elect like minded elected government officials who can make difficult but needed program and spending decisions. Basic family budgeting principles are needed in Concord and Washington D.C.

I am hopeful that the majority of New Hampshire voters that comprise the 80% majority, remember to vote on Primary Day, September 13, and that your votes are directed in support of individuals who understand that we must live and be governed within our means.

Respectfully Submitted,
Rep Rick Ladd
New Hampshire House of Representatives

On Saturday, September 10, The Colonial Theatre in Bethlehem, with the support of White Mountain Appraisals and Chutters is pleased to present in concert country music singer/songwriter Justin Townes Earle. Justin Townes Earle, born in Nashville, TN, walks the line between old-time country and modern acoustic Indie music by breathing new life into early country, blues and gospel forms. In some respects, Earle seemed destined from birth to be a musician—his father, Steve Earle, is one of America’s most acclaimed singer/songwriters, and he was named in part for Townes Van Zandt, a close friend to Earle and an equally legendary tunesmith.

Once compared to a man who wears many suits, in thirty-two short years Justin Townes Earle has experienced more than most, both personally and professionally. Between releasing four full-length, critically-acclaimed albums, constant touring, stints in rehab, a new found sobriety, being born Steve Earle’s son, and the trials and tribulations of



everyday life, it’s safe to say JTE has quite the story to tell. His new albums serve as the perfect platforms for such narrations.

“As I’ve gotten older my anger comes from a very different place. It’s more rational and mature. I guess that comes along with clarity,” JTE reflects. On his two recent albums, *Single Mothers* and *Absent Fathers*, find Justin dealing with past struggles with more ease than ever before. Creating a nostalgic feeling with the return to his signature sound, JTE takes listeners on a journey through some of his most personal stories yet on

what can only be described as an authentic country records.

Opening the evening will be Folk singer/songwriter Brian Dunne. Brian has won the attention and praise of many. With his sharp lyrical prowess and country-influenced vocals, Brian has played in the U.S. folk scene far and wide. Citing influences such as Bob Dylan, The Band, and Bruce Springsteen, one can hear his roots winding through the sound and style of his songwriting and performing. After graduating from the Berklee College of Music in 2011, Brian moved to Brooklyn where he currently resides.

General Admission tickets for the 8 PM performance are \$31 General Admission, \$24 Members General Admission; \$38 Reserved Front & Center, (available on-line only). Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem’s own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great country music is made possible with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, and The Colonial’s promotional partner, Catamount Arts.

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- Active in my community, serving on Zoning Board, Cemetery Commissioners Board, Town Budget Committee and Former Trustee
- Former Member of Grafton County Mental Health Court Advisory Board & NH State Advisory Group on Juvenile Justice
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37 Post Cards at Old Church Theater

BRADFORD, VT: When it comes to funny theater, Old Church Theater gives new meaning to comedy with its play "37 Postcards", by Michael McKeever. Opening September 16th, "37 Postcards" plays two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm at the 137 N. Main Street theater.

Directed by Gloria Heidenreich, the cast includes Margaret Albee, Athene Chadwick, Miles Conklin, Anthony Helm, Sheila Kaplow and Melissa Mann. Heidenreich is noted for her past dramatic successes at Old Church Theater: "Little Women", "Heidi", "Ruby's Story", "Anne of Green Gables" and "Enchanted April".



37 cast ham: The cast of "37 Postcards" poses during rehearsal a few weeks before the comedy opens at Old Church Theater in Bradford on September 16th. Hamming it up, clockwise from right, are Sheila Kaplow, Melissa Mann, Miles Conklin, Anthony Helm and Margaret Albee (not shown: Athene Chadwick). The play is rated PG-13.

But with "37 Postcards" she takes a decidedly different turn with a PG-13 comedy, and the seasoned cast promises to make the play a delightful evening out for all.

"37 Postcards" is about a young man who returns home with his new fiancé after years of travel abroad. There he finds there things much stranger than he remembered: His dead grandmother is very much alive, the dog hasn't been fed in years, his aunt has a new home-based career, and there's a moose loose in the house. And that is just the beginning of the fun: "37 Postcards" is a fast-paced comedy with a little message tucked inside, guaranteed to leave you laughing and thinking. Call 802-222-3322 for information or to reserve the best seats. Admission \$12, seniors \$10, children \$6.

The next and last show of the year is the thriller "Ghost in the Meadow", by Joe Simonelli, and will open October 21st, for two weekends. The playwright is scheduled to attend and have a question and answer session after one or two of the performances.

Old Church Theater is a non-profit community theater, and beginning in 1985 has presented 5-6 plays a year from May through October. An all-volunteer organization, there are opportunities for everyone, from construction to marketing, costuming, ushering, acting directing and more. Please see www.oldchurchtheater.org for more information or visit FaceBook.

Newbury Historical Society Presents

Poor Houses and Town Farms: The Hard Row for Paupers



Speaker: Steve Taylor
Former NH Commissioner of Agriculture and Current Meriden Village NH farmer

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2:pm
West Newbury
Congregation Church,
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West Newbury, Vermont



ADA Accessible Light refreshments will be served
The program is free and open to the public.

Cohase Chamber 48 Hour Film Slam Screening

Bradford, VT: The Cohase Chamber of Commerce invites the public to join them for the public screening of their 2016 Cohase 48 Hour Film Slam films on Sunday, September 11 at 7:30 PM. The event will be held at the Bradford Academy Building at 172 North Main Street, Bradford, Vermont. The films shown at the event will be the result of a competition that began on Friday, September 9. Admission is by donation at the door.

A panel of judges from

the film industry and the community will award cash prizes for the winning films as well as presenting a Peoples' Choice award, as voted on by the audience. Teams are required to write, film and produce an 8-minute film in 48 hours utilizing an assigned genre, a specific line of dialogue, a specific area landmark, a specific prop and product placement from one of the event sponsors.

"It is always incredible to see what teams are able to produce in just 48 hours,"

says Cohase Chamber of Commerce Executive Director, Erik Volk. "We encourage the community to join us for the public screening of the completed films. If you haven't attended the event before, I think you will be amazed at what these talented individuals can create in just two days."

This event is made possible through the support of Woodsville Guaranty Savings Bank, Odell Insurance, Valley Floors, Wells River Chevrolet, Wells River Savings Bank and Alarmco.

St. Luke's
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Our Faith

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SATURDAY & SUNDAY, OCTOBER 1-2, 2016
10:00 AM – 3:30 PM (RAIN OR SHINE)
Rt 117 • Sugar Hill Meetinghouse • Carolina Crapo Building • Historical Museum

OPEN AIR MARKET WITH OVER 50 PARTICIPANTS
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Saturday: Auctions
at the Sugar Hill Historical Museum

Saturday & Sunday: Tintype Photography Demo
Edith Weiler, Eye of the Maker Photography
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Sunday, 1 pm – Free Concert
Maple Leaf Seven
Traditional Dixieland and Swing Jazz
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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

TUESDAY, SEPTEMBER 6

NH STATE VETERANS COUNCIL
REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, SEPTEMBER 7

ANNUAL MEETING WOODSVILLE / WELLS
RIVER FOURTH OF JULY COMMITTEE
7:00 PM
Woodsville Emergency Services Building

FRIDAY, SEPTEMBER 9

AMERICAN LEGION RIDERS MONTHLY
MEETING
6:00 PM
American Legion Home, Woodsville

SATURDAY, SEPTEMBER 10

JUSTIN TOWNES EARLE IN CONCERT
8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 7 & Article on Page 4

SUNDAY, SEPTEMBER 11

BENEFIT TEXAS HOLD 'EM CASH GAMES
11:00 AM
Moose Lodge 1779, 2388 Portland St., St. J.

POOR HOUSES & TOWN FARMS

2:00 PM
West Newbury Congregational Church
See Ad on Page 5 & Article on Page 9

CANDLELIGHT SERVICE

7:00 PM
Old Goshen Church, Bradford

COHASE CHAMBER 48 HOUR FILM SLAM

7:30 PM
Bradford Academy Building
See Article on Page 5

TUESDAY, SEPTEMBER 13

NEW HAMPSHIRE PRIMARY ELECTION
A Polling Place in Your Home Town

WEDNESDAY, SEPTEMBER 14

MONTHLY MEETING -
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY, SEPTEMBER 15

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

NHARNG RETIREE LUNCHEON

John Force Headquarters, Concord
See Article on Page 7

FRIDAY, SEPTEMBER 16

COLORS OF THE KINGDOM FESTIVAL
7:00 PM
Fuller Hall, St. Johnsbury
See Article on Page 9

37 POST CARDS

7:30 PM
Old Church Theater, Bradford
See Ad on Page 10 & Article on Page 5

IN THE BLOOD

8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 7

SATURDAY, SEPTEMBER 17

20TH ANNUAL JAKES EVENT
7:00 AM Check In
Bunnell Camp, Passumpsic
See Ad on Page 7

ASTON YARD SALE

8:00 AM - 3:00 PM
Easton Town Hall, 1060 Easton Valley Road

FREE CLOTHING DRIVE

9:00 AM - 4:00 PM
Warren, NH Town Hall

MOUNTAIN DULCIMER HOOTENANNY

12:00 Noon Pot Luck Followed by Round Robin
Joe's Pond Beach Pavilion, West Danville

CHICKEN PIE SUPPER

5:00 - 7:00 PM
Woodsville United Methodist Church

CHICKEN PIE SUPPER

5:00, 6:00 & 7:00 PM
Presbyterian Church, So. Ryegate

40TH ARMY BAND IN CONCERT

7:00 PM
Bradford Academy Auditorium

37 POST CARDS

7:30 PM
Old Church Theater, Bradford
See Ad on Page 10 & Article on Page 5

SUNDAY, SEPTEMBER 18

BENEFIT TEXAS HOLD 'EM CASH GAMES
11:00 AM
American Legion Post 58, St. Johnsbury

37 POST CARDS

4:00 PM
Old Church Theater, Bradford
See Ad on Page 10 & Article on Page 5

VIEUX FARKA TOURE

8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 7

MONDAY - FRIDAY, SEPTEMBER 19-23

FREE CLOTHING DRIVE
9:00 AM - 7:00 PM
Warren, NH Town Hall

MONDAY, SEPTEMBER 19

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1:00 - 2:00 PM - North Congregational
Church, St. Johnsbury

9 AM – 10 AM

Municipal Offices, Lyndonville

10:30 AM – 11:30 AM

Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM – 11:30 AM

Linwood Senior Center, Lincoln

CARE COORDINATOR/ENROLLMENT SPECIALIST

1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 – 9:15 AM – St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center,
North Haverhill

ADULT STRENGTH TRAINING

9 AM – 10 AM - St. Johnsbury House

10:30 AM – 11:30 AM

SENIOR ACTION CENTER

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM – Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM – 5:30 PM

Wells River Congregational Church

WEIGHT WATCHERS - 5:30 PM

Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM

St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

GROWING STRONGER FITNESS CLASS

3:00 PM

East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI

8:30 AM – 9:15 AM

First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1 PM – 2 PM

North Congregational Church,
St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Presbyterian Church, West Barnet

NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING

10:30 AM – 11:30 AM

Senior Action Center

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Darling Inn, Lyndonville

PEACHAM FARMERS MARKET

Peacham Academy Green

LISBON FARMERS MARKET

3:00 PM - 6:00 PM - Main Street, Lisbon

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

FRIDAYS

ADULT STRENGTH TRAINING

9 AM – 10 AM - St. Johnsbury House

1 PM – 2 PM - North Congregational

Church, St. Johnsbury

WORSHIP UNDER THE TENT- 7 PM

100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM

Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Horse Meadow Senior Center

Every Tuesday: 8:30
Community Breakfast
Sept 6:
Nifty Needlers @ 9:30
Ceramics 1 @ 1:00
Classic Bone Builders @ 2:00
Sept 7:
Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00
Sept 8:
Art Class w/Barb @ 9:00
Floral Arrangement w/ Jane @ 9:30
Cribbage @ 12:30
Line Dancing @ 12:45
Paper Crafts 1 @ 1:00
Classic Bone Builders @ 2:00
Sept 9:
Molar Express (by appt.) @ 9:00
Bone Builders @ 9:30
Mahjongg @ 10:30
Sept 12:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tech Time w/Paul @ 1:00
Ceramics 2 @ 1:00
Sept 13:
Nifty Needlers @ 9:30
Herb Group @ 1:00
Crafts 1 @ 1:00
Classic Bone Builders @ 2:00
Estate Planning @ 6:00 PM
Sept 14:
Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00
Grand Opening of Bertha's Room @ 6:00 PM
Sept 15:
Art Class w/ Barb @ 9:00
Cards w/Jeanie @ 9:30
Cribbage @ 12:30
Line Dancing @ 12:45
Dec. Arts 2 @ 1:00
Classic Bone Builders @ 2:00
Sept 16: CLOSED
Commodities @ 11:45
Sept 19:
Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30
Tech Time w/Paul @ 1:00
Crafts 2 @ 1:00
MS Support Group @ 1:00
Sept 20:
Nifty Needlers @ 9:30
Dental Trivia/Bingo @ 10:00
Golf Outing @ 12:30
Classic Bone Builders @ 2:00
Sept 21:
Bone Builders @ 9:30
Flu Shot Clinic (by appt) @ 10:00
Writers Group @ 10:30
Bingo @ 1:00
Sept 22:
Art Class w/Barb @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Jewelry 1 @ 1:00
Classic Bone Builders @ 2:00
Sept 23: CLOSED

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

The center will be closed on Monday, September 5 for Labor Day.

The Boys will be here on Friday, September 9 at 11:00 a.m.

Mary Robinson will be here Wednesday, September 21 at 11:00 a.m.

No Strings Attached will be here on Friday, September 23 at 11:00 a.m.

The Orange East Senior Center is planning a trip for Wednesday, October 12, 2016 to the Ogunquit Playhouse to see the Broadway musical Million Dollar Quartet. We will be going to lunch at Mike's Clam Shack in Wells, Maine. The cost is \$145 a person and needs to be paid when you sign up.

Our summer volunteers will be leaving shortly, so we will be looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks

Orford Senior Center

Tues., Sept. 6: Foot Clinic (8:30 am on), RSVP Bone Builders Exercise Program (10:30 am), Grace Bagley, Piano (11:30 am), Lunch at noon - Parmesan Chicken, Potato, Peas, Salad, Apple Cake, Orford United Congregational Church.

Tues., Sept. 13: RSVP Bone Builders Exercise Program (10:15 am), No Strings Attached Band (11:30 am), Lunch at noon - Roast Pork, Scallop Potato, Green Beans, Salad, Pudding, Orford United Congregational Church.

Tues., Sept. 20: Foot Clinic (8:30 am on), RSVP Bone Builders Exercise Program (10:30 am), Entertainment by Vi (11:30 am), 50/50 Raffle, Lunch at noon - Salisbury Steak, Potato, Mixed Vegetables, 3-Bean Salad, Brownies w/Ice Cream, Orford United Congregational Church.

Tues., Sept. 27: RSVP Bone Builders Exercise Program (10:30 am), Birthday Celebration, Dan Freihofer, Piano (11:30 am), Lunch at noon - Chicken, Potato, Carrots, Salad, Chocolate Cake w/Peanut Butter Frosting, Orford United Congregational Church.

and food.

Computer class summer hours will be on Wednesdays from 10:00 a.m. until 12:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Groton Library News

Got spare books? You can donate them to the Groton Free Public Library for the Friends' Annual Groton Fall Foliage Day Book Sale coming up on October 1st. Just swing by and drop them off anytime during our open hours: M 2:30-7, W 10-4, F 2:30-7, Sa 10-12. No textbooks, condensed books, magazines, encyclopedias -- or outdated computer, travel, or financial books. (They just don't sell.) Thank you for your support!

Crafts & Conversation. Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

Vermont Humanities Council Book Discussion Series. Begins on Monday, Oct. 3 at 6:30pm with "Interpreter of Maladies" by Jhumpa Lahiri. To or from the United States, spanning

India, Cuba, and Greece, this series of Pulitzer-winning works spotlights characters in the midst of broader migrations. These sessions are free, open to the public, and accessible to those with disabilities. Books are available to loan in advance. For more information, contact Anne at (802) 584-3358 or grotonlibraryvt@gmail.com.

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). www.grotonlibraryvt.org



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**NORTH COUNTRY LONGSPURS CHAPTER
Of The National Wild Turkey Federation Announces**



**20th Annual
JAKES Event**

**Saturday, September 17, 2016
Check-In 7:00 AM
Bunnell Camp • Passumpsic, VT**

**Pre-Registration Needs To Be In By
Friday, September 9, 2016**

The North Country Longspurs want to encourage those who wish to register their children between the ages of 7 and 17 to send in their registrations today or call Colleen Racenet at 802-535-7459 to register over the phone. Registration forms are also available at northcountrylongspurs.com. Like us on Facebook to get updates!

SEE YOU ALL SATURDAY, SEPTEMBER 17TH!

LIVE! THE COLONIAL



JUSTIN TOWNES EARLE
SATURDAY, SEPT. 10, 8 PM
TICKETS: \$38, \$31, \$24

"JTE is the coolest man in the game and that is why we are so nervous about having him play the Stopover fest, everyone will realize... what frauds we are." — Mumford and Sons



IN THE BLOOD

With filmmaker/composer Sumner McKane
A documentary film and multimedia presentation illustrating the life, history and character of turn-of-the-century Maine lumbermen and river drivers.

FRIDAY, SEPT. 16, 8 PM
TICKETS: \$14, \$12, \$10



VIEUX FARKA TOURÉ
SUNDAY, SEPT. 18, 8 PM
TICKETS: \$25, \$19, \$15

"The son of the late Malian guitarist Ali Farka Touré inherited his dad's dazzlingly fluid phrasing but clearly also digs the fiery African blues rock of bands like Tinariwen." — Rolling Stone

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BETHLEHEM, NH | INFO: 603.869.3422
www.BethlehemColonial.org

Not all Times are Trendy, but there will always be Trendy Times
September 6, 2016
Volume 7 Number 24

36th Annual Fall Festival at First Congregational Church of Newbury

The First Congregational Church of Newbury, Vermont will be the setting for the 36th Annual Fall Festival. We will have a day full of festivities planned for Saturday, September 24th, 2016 from 9:00am-3:00pm.

This year we will have Brian and the Rangers Band, a bake sale, cookie walk, fudge and candy table, plant table, white elephant sale raffle (an afghan), cracker barrel cookbooks, Rada knives, hay rides, craft vendors, food stand, demonstrations, exhibits, library books, and much more!

The ever popular Silent Auction will be from 9:00am-2:00pm, with pick-up at 3:00pm. An A La-Carte Luncheon will be served from the Sugar House featuring Craig Cookman and his delicious BBQ country-style

beans, chili, beverages, dessert, and free Ben & Jerry's ice cream!

The Women's Fellowship will display a queen-size afghan. Tickets will be on sale.

The First Congregational Church of Newbury, located at 4915 Main Street South, is the second oldest church in Vermont. The original church building was built in 1856. Across the street, in the former parsonage, is the Mustard Seed Thrift Shop where used clothing, household items, books, and toys are sold year-around to help support the church and local charities. The Mustard Seed is open on Thursdays and Fridays from 10:00am to 4:00pm and on Saturdays from 10:00am to 2:00pm.

Some of this year's Silent Auction offerings are: chess game puzzle, tote bag,

bedspread, welcome slate, Bradford Academy plate 1820- 1971, Baldwin Library t-shirt, magazine basket, antique mirror, cookbooks, marble cheese bowl, DVD player, antique flyer sled, country stand, padded sport chair, child's hand knitted sweater, gift certificates to local stores and much more.

We will be using some of the proceeds from the Fall Festival for the Steeple Restoration Fund as well as other projects that need attention. We would be most appreciative if you would consider a donation of goods, services, or gift certificates for the Silent Auction.

Please plan to join us at the First Congregational Church on September 24th. We appreciate your support and generosity. Your donation will ensure the success of the 2016 Fall Festival.

Newbury Elementary's FarmRaiser Celebrates

Local Foods

Fresh, healthy, locally grown food is on the menu again at Newbury Elementary School. And for the fourth consecutive year, the school is hosting its FarmRaiser, a pre-order "farmers market" coupled with a celebration on Tuesday, October 4, on the Newbury Common. The fun-filled festival features student-prepared food samples, live music, cider-making, and hay rides, and it showcases local farms and their products. The FarmRaiser's food sales support local food producers and lend a financial boost to the elementary school's breakfast and lunch programs. The programs encourage students to eat healthy meals and learn about sustainable food systems.

Some of the area's finest food producers are offering

products on the pre-order form:

- Newbury: Four Corners Farm, Cook's Farm & Bakery, Liz-Dick Farm, Green Mountain Yogurt, CotWinkel Farm
- Fairlee: Root 5 Farm
- Bradford: Spice of Life, Baked Goods
- N. Haverhill: Windy Ridge Orchard
- Topsham: Hallelujah Honey
- Ryegate: Hooper Hill Farm

Folks who pre-order can choose from a wide selection of seasonal vegetables, strawberries (not usually considered seasonal in October!), garlic, maple syrup, apples, cider, honey, granola, jams, apple pies, breads, and even shiitake mushrooms.

Ordering food for pick-up at the FarmRaiser celebration is easy, with ordering information available on Newbury Elementary's website, nesvt.org. In addition, order forms can be picked up at the school, Tenney Library in Newbury, Baldwin Library in Wells River, or the Newbury Village Store. All orders need to be submitted by Wednesday, September 21st.

Food orders can be picked up on the Newbury Common on Tuesday, October 4th from 3:00 to 5:30 during the FarmRaiser Celebration.

In addition to the food producers listed on the order form, these local vendors will also be on site at the Celebration:

Barnet's Adams Family Farm selling local meats and specialty items;

Ryegate's Karim Farm & Creamery selling their European-style cheeses;

Newbury's Riverside Farm offering emu meat;

South Ryegate's My Farmers Market offering a sample of the items from their farmstand.

Students will be selling bread they have made, with other student-made food samples available for tasting.

Willing workers will be helping to crank an antique cider press so visitors can sample freshly made cider. Families will be enjoying live music while munching on local popcorn and perhaps riding around Newbury Village on a hay wagon. The whole family can feast on locally prepared foods that will spare them dinner preparations at home.



Congratulations go out to Jennifer Chumbes

For winning our September drawing for a \$50.00 Gift Certificate at **Trendy Threads**
171 Central St
Woodsville, NH 603-747-3870
(our next \$50.00 gift certificate drawing will be October 2016, come in and sign up, no purchase necessary.)
www.TrendyThreadsWoodsville.com

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Volume 7 Number 24
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Poor Houses and Town Farms: The Hard Row for Paupers

The final summer program of the Newbury Historical Society - "Poor Houses and Town Farms: The Hard Row for Paupers" will be presented on Sunday September 11th, 2:00pm in West Newbury at the Congregational Church.

Most Vermont and New Hampshire towns had poor farms, many from their earliest days of settlement. Today while the poor houses are gone, sometimes the buildings remain and sometimes their location is marked with a place name like Newbury's Town Farm Hill.

Steve Taylor, who served as New Hampshire's Commissioner of Agriculture for 25 years and currently oper-

ates a dairy, maple syrup and cheese making enterprise in Meriden Village, New Hampshire, with his 3 sons, will examine how paupers were treated in these facilities and how reformers eventually succeeded in closing them down.

Taylor will explain how compulsory taxes for maintenance of the poor were imposed and how no distinction between the "vagrant, vicious poor" and the helpless, and honest poor was made.

This program is free and open to the public. The West Newbury Congregation Church is ADA accessible. Light refreshments will be served.

41st NH Highland Games & Festival, A Celebration of Scottish Music, Food, Drink, Athletics, Dance Heritage & More



Among the number of high-caliber Scottish musicians, Skerryvore, the hottest band in Scotland, playing Celtic-infused rock, pop, jazz and country music, will be performing for the first time at the NH Highlight Games & Festival this year which runs September 16-18 at Loon Mountain.

CONCORD, NH – Discover the rich culture of Scotland – no passport required – at the 41st New Hampshire Highland Games & Festival. Produced by NHSCOT, the Games run Friday, September 16 through Sunday September 18 at the scenic Loon Mountain Resort in Lincoln, NH.

"Scotland is associated with rolling highlands, lilting bagpipes, colorful tartan, and the world's finest whisky," said Terri Wiltse, executive director of NHSCOT. "The NH Highland Games & Festival has all of that and more. It is a great way to experience Scottish culture and pageantry without having to leave the country."

The rich traditions and history of Scotland are on full display throughout the weekend-long cultural celebration. There is so much to experience: from the thrilling sight of massed bands in which all pipe and drum corps participate by playing and parading in unison, to the dancers that display complex footwork and the feats of strength and skill by world-class athletes. More



Dave Bonfiglio, last year's winner of the New England Disabled Heavy Athletics competition will return to the 41st NH Highland Games & Festival, from September 16-18 at Loon Mountain, to defend his title. In partnership with New England Disabled Sports, NHSCOT developed the first adapted heavy athletics competition and proudly sponsors it each year during the festival.

than 60 clans will be represented and proudly wearing their tartans while carrying on the traditions of their culture in the 'clan village', where visitors can trace their Scottish roots. Scotland's history comes to life in the re-creation of a 74th regiment of Foot military encampment in the Living History Area. This is a fun and affordable event

Bluegrass Sensation Sierra Hull Kicks off Colors of the Kingdom Festival with Mike + Ruthy Band

St. Johnsbury's annual Colors of the Kingdom Festival will take over Eastern Avenue, Main and Railroad Streets this Saturday, September 17th for a full day of family fun including train rides, craft sales, the farmers' market and a pancake breakfast. But this year, the festivities begin Friday night, the 16th, when bluegrass sensation Sierra Hull and raucous indie-folk stars The Mike + Ruthy Band play Fuller Hall.

Flush from her latest three International Bluegrass Association nominations, mandolin ace and singer/songwriter Sierra Hull will make a highly anticipated return to the Kingdom this September before dashing off to host the IBMA Awards in Raleigh, North Carolina. Hull, who's been nominated for Album of the Year, Song of the Year, and Mandolin Player of the Year, will play Fuller Hall on Friday, September 16th, at 7:00pm.

After releasing her first album at 10 years old, Hull was mentored and befriended by Grammy-winner (and former child fiddle prodigy) Alison Krauss. In the following few years, Sierra Hull picked up five International Bluegrass Association nominations and the Bluegrass Star Award. In 2011, at 20 years old, Hull gave a com-

mand performance at the White House with Krauss.

Her latest album, *Weighted Mind*, was produced by banjo virtuoso Bela Fleck and has already been listed among *The Tennessean's* Best Nashville Albums of 2016. More complex and nimble than her previous work, *Weighted Mind* is the result of five years of musical introspection, tension, and exploration. No longer an ingénue, Sierra Hull plays with the heartache and restlessness of a woman at once weary with the world and ready to crack it wide open.

For her eagerly awaited return to St. Johnsbury (she opened for Peter Rowan in 2010), Hull will share the bill with the spirited, genre-defying five-piece Mike + Ruthy Band, which blends bluegrass, folk, rock, and "raucous old time hoot music" that has made them an audience favorite at bluegrass festivals and concert halls from coast to coast. Known for luscious three-part harmonies and wailing fiddles, they alternate between

whisper-soft intimacy and rafters-raising hoedowns.

Armed with a shimmering steel guitar, an occasional onslaught of horns, and a diverse musical pedigree including vintage country and post-punk ska, the Mike + Ruthy Band are not your typical back porch combo. The *Boston Globe* called their debut release *Bright as You Can*, "one of the year's standout Americana albums," and *LA Weekly* dubbed Mike, "one of the best songwriters of his generation."

Together, Sierra Hull and the Mike + Ruthy Band kick off the KCP Presents 2016-17 season, presented and produced by Catamount Arts working in association with business and community partners including Kingdom County Productions and with grant support from the National Endowment for the Arts. For tickets and information, visit www.kcppresents.org, www.catamountarts.org, or call 802-748-2600. Student admission to the Friday, September 16th concert is free.



Sierra Hull will play Friday, September 16th at Fuller Hall in St. Johnsbury with openers The Mike + Ruthy Band to kick off the Colors of the Kingdom Festival and the new KCP Presents Series.

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Donald Johnson, center, of Bethlehem, was honored recently for his service as the State Worthy President of the Fraternal order of Eagles NH State Aerie. Johnson, a 42-year member of the Bethlehem Eagles Club, received an commemorative ring from Ray Nolan, left, NH state secretary and past New England regional President. They are joined by North Country Senator Jeff Woodburn, who is a member of the Bethlehem club.



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American Legion Auxiliary Pres. Eleanor Leach denoted 40 Afghans to the Rep, Gloria Morin, of the V.A. Hospital in Manchester, N.H. on the behalf of the Auxiliary members, Norma Placey & Freinds. These Ladies also keep knitting & crochetting & donate to our Veterans, & Nursing homes.

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Volunteers will be at the boat launch to help unload and protect boats before launching.

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BBQ Lunch provided by Rotary with music by Strawberry Farm Band

All participants MUST abide by safe boating rules and regulations

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Paddle The Border - Spring is scheduled for Sunday, May 21, 2017

For Further Information Contact **Mike Thomas (802) 757-3960**
or email mikethom1@charter.net
www.cohase.org • www.newburyconservation.org



American Legion Auxiliary Pres. Eleanor Leach & Chaplain, Linda Hall presented 24 Lap-ropes to the Rep, Susan Pond, of the V.A. Hospital in White River Vt. . These Lap-ropes were made by Linda Hall, Peg Hastings, Tobaz Sheppard & Judith Paterson. who constantly knitt & crochet these lap-ropes & donate them to our Veterans & Nursing homes..



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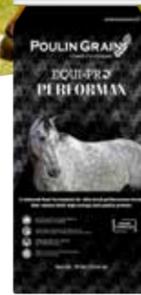
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Representative Brian Gallagher of Sanbornton seeks State Senate Seat in District 2 to follow in the important Republican shoes of Senator Jeanie Forrester. Jeanie is a proven effective leader who is running for Governor. Candidly, I am a true Conservative. As a leader I am compassionate, and an excellent listener: qualities critical to building consensus.

"The centerpiece for my campaign has been reaching out and listening to all of the voters throughout the 27 towns which comprise Senate District 2. I have traveled throughout the District repeatedly, since the early spring, and met hundreds of voters face to face. Through my conversations voters have gotten to know me and are able to recognize my qualifications and abilities to serve them in a consistent manner in Concord with similar constituent traditions Senator Forrester has established for the good of the people."

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As a Belknap County State Representative I have worked tirelessly to:

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Support Law Enforcement and fought Human Trafficking issues;

Help Grow Jobs by supporting Cutting Business Taxes;

Stand strongly for "Right

to Life";

Help pass a responsible NH Budget with NO new Increased Taxes;

Support Education Choice and Parental Rights. Support protections for private landowners rights.

Presently serving as State Representative from Belknap County representing District 4, I live in Sanbornton with my wife, Karen and her 93 year old Mom in the house I built in 1986. Together, we have been blessed with 5 children and 7 grandchildren. During the 2015-2016 legislative session I was appointed by the House Speaker to serve on the important House Ways & Means Revenue Committee.

I grew up in Rhode Island in a strong Catholic family. My mom worked as a Principal's Secretary at an Elementary School for 20 years while my dad supported the family of three boys by selling life insurance. Dad also served in World War II and was awarded the Bronze Star. I am a former marathon runner having participated and finished races in Boston, New York City and Cape Cod.

I graduated from Boston College earning a Bachelor's Degree and a Master's Degree of Business Administration from Plymouth State University.

My professional career experiences include over 30 years in finance including work in the NH Budget/Finance Office in Concord where I served for 12 years helping to manage state finances under many Governors (both Republican & Democratic) beginning with the Honorable Governor

Meldrum Thompson.

Later I served in the NH Supreme Court at the Administrative Office for 8 years. Following this, I was appointed as first Business Manager for the Newfound School District in Bristol. Subsequently, I accepted appointments as the Business Administrator for both the Windham/Pelham school districts.

After more than 30 years of a successful career in public finance I retired while continuing with limited educational consultation in NH. As a community leader I know how to steward the public tax dollar. I've served on many local town and school organizations and I am a member of the State Lilac & Wildflower Commission. This year I was recognized for "Conservative Achievement" credentials by the American Conservative Union.

There continues to be many challenges in Concord; fighting against a sales and income tax and stopping government economic waste being just two. Together, we can provide common sense and accountability to the State House while managing wisely with understanding and compassion to address financial needs of the people of New Hampshire.

I humbly ask for your support and vote for Brian Gallagher for State Senate District 2 on Tuesday, September 13th in the Republican Primary.

Representative Brian Gallagher from Belknap County District 4 (Sanbornton/Tilton) a GOP Republican Candidate for State Senate District 2

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Letter to the Editor

To the Editor:

Residents need to use their voices and their votes more than ever before as Haverhill annual property taxes rise with no end in sight.

If you feel unable to determine what schools, town, county and state are doing with your tax dollars it's time to become part of the HTA, (Haverhill Taxpayer's Association). Go to town & school meetings, ask questions, and vote on issues. Rampaging taxes & unaccountable spending will not go away if we do nothing.

It's also time to elect Randy Subjeck as a fiscally responsible candidate for Grafton County Commissioner for District #2 on September 13th. This

Mr. & Mrs. Meyers

I thank you for echoing what I have written on many occasions in responses to letters such as yours. Be involved. Learn all you can. Make your decision. Vote. Not only is it a right, but I see it as an obligation. Without the public's input, and support, we would not have elected officials. Without voting by the people we would have a totally different type of government.

Let me also echo your words about two very important dates coming up in the town of Haverhill. Tuesday, September 13 is New Hampshire Primary Day. There are several contests on the ballot. A reminder that those not registered as a Republican or a Democrat, can vote in either primary. And if you wish to go back to independent status after voting, be sure to stop at the Supervisors of the Checklist desk before you leave the polling place.

The second date, that applies only to Haverhill voters/taxpayers is the information meeting by the school's Facility Committee to gather more input from the public as to the right track to take in regards to the school facilities in town.

In both cases, again I say, be informed, ask questions, and when the time is right, vote your conscience.

Gary Scruton, Editor

is not about Democrats or Republicans. It's about being able to afford to keep your property. Some have had to move out. It's about accountability for moneys asked and for projects they want to bring forward with no regard for the taxpayer's burden.

The schools (SAU 23) are asking for public input at a 6pm meeting at Haverhill Middle School on September 14th.

Vote. Go to the meetings. Wake up and get involved. You hold the purse strings in the power of your voices and your votes.

Respectfully submitted,
Mr. & Mrs. William D. Meyers
HTA Members, North Haverhill, New Hampshire

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It's Open Enrollment Season, so if you work for a medium- or large-sized company, you will need to make some choices regarding your employee benefits — and these choices can have a big impact on your financial situation.

Depending on your employer, your benefits package may include various types of insurance, plus access to a 401(k) or similar retirement plan. Here are some suggestions for getting the most out of these benefits:

- Health insurance — Companies regularly change plans and providers, so the coverage and premiums you had last year may not be the same this year. In any case, look at all aspects of your coverage options — premiums, deductibles, co-pays and total out-of-pocket limits.

A lower premium may seem attractive, but you could end up paying even more if the coverage is not as good. So, choose wisely.

- Life insurance — You may want to take whatever life insurance your employer offers, but it still might not be

enough. To determine how much life insurance you need, consider a variety of factors — your age, income, family size, spouse's income, and so on. If your employer's coverage is insufficient, you may want to supplement it with a separate policy.

- Disability insurance — This could be a valuable employee benefit — but, as is the case with life insurance, your employer's disability coverage may not be enough for your needs, especially if you'd like to protect yourself against an illness or injury that could sideline you from work for a long time. Consequently, you might want to consider purchasing your own disability policy.

Apart from reviewing your insurance options, you may want to examine your 401(k) or similar retirement plan. Of course, your employer may allow you to change your 401(k) throughout the year, but you've got a particularly good opportunity to do so during open enrollment, when you're already looking at all your employee benefits. So look at your contribution level. Are you putting in as much as you can afford? Your 401(k)'s earnings can grow tax deferred, and you typically contribute pretax dollars, so the more you put in, the lower your taxable income for the year. (Taxes are due upon withdrawal, and withdrawals made

before age 59½ may be subject to a 10% IRS penalty.)

At a minimum, invest enough to earn your employer's matching contribution, if one is offered. And increase your own contributions whenever you get a raise.

As far as your investment choices, you'll want to spread your dollars among the different investments within your 401(k) in a way that reflects your risk tolerance and time horizon. During the early stages of your career, when you have many years to go until you retire, you can probably afford to invest more heavily in growth-oriented accounts. These will fluctuate more in value, but you have time to potentially overcome the downturns. When you're nearing retirement, you may want to shift some of your assets into more conservative vehicles — but even at this point, you still need some growth opportunities. After all, you may spend two or three decades in retirement, so you'll need to draw on as many resources as possible.

Open enrollment isn't just a time to fill out a bunch of papers. It's also a chance to reconsider — and maybe even upgrade — many areas of your financial outlook.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

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Littleton Food Co-op partners with The Frost Place

LITTLETON, N.H.—The Littleton Food Co-op is elated to partner with The Frost Place to raise funds, cultivate community connections, and increase awareness during the month of September. The Frost Place is a nonprofit, educational center for poetry and the arts based at Robert Frost's old homestead, owned by the town of Franconia, New Hampshire.

The Frost Place was founded in 1976 when a group of neighbors led by David Schaffer and Evangeline Machlin persuaded the Franconia town meeting to approve the purchase of the farmhouse where Robert Frost and his family lived full-time from 1915 to 1920 and spent nineteen summers. As the Littleton Food Co-op's Partner of the Month, The Frost Place will receive all donations collected at the checkouts and \$1 from every pizza sold during Pizza for Partners Friday nights through September. The Co-op recently upgraded the check out process so customers paying with credit or debit card may round up



their purchases in our Pen-nies for Partners campaign which benefits the partner of the month. This program has been an outrageous success in more than doubling the dollars raised for our July and August partners. Thank you to our generous shoppers!

Representatives from The Frost Place will be at the Co-op on Friday September 30. Stop in to meet them and for more information visit www.atnhs.org.

Member-owned Littleton

Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

Letter to the Editor

To The Editor,

How about a short letter for a change, big difference, a big improvement from the long boring ill-informed letters you print from Linda Riley on a regular basis -

Trump's recent bullcrap short visit to the Mexican President was a brilliant act of stagecraft -

stage = fiction

craft = skill

Trump is a skilled fiction-teller, practiced, proven, so full of ---- that his spirit is brown. Mexico's sadly unpopular leader encouraged this manure

spreading thinking HE would benefit somehow - two losers who just lost more big time. Neither one of them had the balls to be up-front with each other in public in front of cameras, but suddenly became big machismo men in public addresses afterward - how do you spell C O W A R D ? T R U M P .

He's a massively egotistical charlatan running the scam of the century if you let him.

Robert Roudebush
North Haverhill

Robert,

I believe it would not be a stretch to say that you are opposed to Donald Trump as President. I believe that is very clear. But that is stating the obvious.

Let me try a different tact. I would love to receive comments and letters from readers as to why they do plan to vote for a candidate. What are the reasons you like the politician you are supporting?

Once the New Hampshire primary on September 13 has passed, all voters can start to really focus on the general election that happens on Tuesday, November 8.

And to me, most importantly, after that date, we all need to settle in to move our towns, our counties, our states, and our country forward with whomever has been elected.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

The Associated Press has a story today. It was not covered by major networks or WMUR TV this morning.

The Associated Press did some investigating. I think if this happened in the Nixon era, Hilary would not be allowed to run for President.

Now the Associated Press has found instances where at least 85 donors to the Clinton foundation met with her when she was Secretary of State. The Associated Press said there was a "intermingling of access and donations." This does not include foreign donations. This does not include speeches given by Bill (where Bill was paid in the hundreds of thousands) and access to Hillary.

The Clinton foundation

Linda,

I don't want to repeat myself, but, it is also obvious who you will not be voting for in November.

In listening to a radio program recently I heard the comment that so much of this election has been of a negative nature that there has not been time or room for a lot of comment on what the candidates actually do stand in favor of.

I look forward to the upcoming Presidential Debates so that, perhaps, we can hear some

finance director, Dennis Cheng, was the middle man between the foundation and the State department.

This does not include that Huma Abedin was an employee of the State Department and the Clinton foundation among others. She also was paid from Teneco, a group connected to the Clintons while she was a government employee.

How can employees of the State Department also be on the Clinton Foundation payroll?

This stinks.

More than 50% of donors to the Clinton Foundation met with Clinton as Secretary of State.

This stinks. Really stinks.

Hillary pays no penalty. How can Democratic voters still want her as President? Do the rules that apply to

us not apply to her? If so, isn't that dead wrong? How can anyone vote for her when she sold her access as Secretary of State?

Hillary, this is corruption. She leveraged a government position for profit. It is morally wrong. This is racketeering if anything is. Money came into the Clinton foundation for favors and access to Hillary as Secretary of State.

The Clinton says she will not take money from foreigners if she is elected President. But it was wrong for the foundation to take money when she was Secretary of State. This is insane!

What would she sell as President? How can anyone vote for her as President?

Linda Riley
Meredith NH

of those plans for the future. What are all of the plans to move this country forward? How will our foreign policy be changed compared to what it is today? There are so many questions, and so many topics that should be further explored.

For those who also look forward to those debates, the dates are: September 26, October 4, October 9 and October 19. All debates are set for 9:00 PM EST.

Gary Scruton, Editor

AFT-NH Endorses Charlie Chandler in Senate District 2

Warren — Retired attorney, community leader and candidate for NH Senate District 2, Charlie Chandler, received the endorsement of the American Federation of Teachers-New Hampshire on Monday.

AFT-NH President, Douglas Ley, commended Charlie Chandler as "a strong advocate of equitable access to good public education in New Hampshire and a candidate who is tireless in his commitment to fairness and social responsibility, whether on issues of health care, workplace rights, or improving lives by raising the minimum wage in New Hampshire."

In receiving the endorsement, Chandler said "my commitment to excellent

public education is the core of my campaign for Senate District 2. Because of that, I am pleased to have received the endorsement of AFT-NH. I pledge to work diligently for all citizens of New Hampshire, in the pursuit of excellence in education."

AFT-NH represents nearly 4,000 New Hampshire working people, including teachers, para-educators, school support staff, police, public employees, and higher education faculty.

New Hampshire State Senate District 2 is comprised of 27 towns in the counties of Grafton, Belknap and Merrimack. It spans from Woodsville in the north, to Tilton in the south, Center Harbor in the east, and Wilnot in the west.



Rep. Rebecca Brown, who is not running for a third term representing Grafton County District 2, was honored for her service by North Country Senator Jeff Woodburn on Saturday at the Ammonoosuc Conservation Trust potluck supper and pig roast

Tom Thomson Backs Forrester for Governor

Tom Thomson, son of legendary anti-tax Governor Mel Thomson, and his wife Sheila (owners of the Thomson Family Tree Farm), today threw their support behind conservative Jeanie Forrester in the race for New Hampshire Governor.

"Jeanie Forrester is a conservative leader who will protect New Hampshire taxpayers and stand up to the liberal Republican Establishment," said Thomson. "Sheila and I have admired Jeanie for years and I know her to be a reliable warrior for taxpayers and those who love freedom and liberty. Jeanie has fought the Establishment on issues ranging from tax increases, to boondoggle spending plans to Northern Pass as proposed. She, like me, recognizes the North Country is "God's Country" and should not be

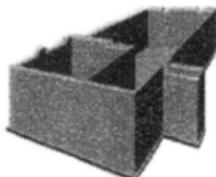
destroyed with 135 foot towers, and she was the first one to propose burying the entire route on state Right-of-Ways, a win-win solution for New Hampshire."

"I'm honored, to say the least," Forrester said. "Earning the support of a conservative leader like Tom Thomson is no small feat and comes with a great deal of responsibility. I am grateful for his advice on fiscal and economic policy matters. He understands, better than anyone, the importance of New Hampshire's Agriculture and Forestry industry and it's positive impact on our state's recreation and tourism."

Thomson warned, "The Establishment wants us all to fall in line with their candidates. Well, we're not going to do that," he said. "The Establishment candidates re-

fuse to repeal ObamaCare and won't pledge to fight tax increases and fees. That's fiscally irresponsible and will put us on the glide path to an income and sales tax. Jeanie Forrester has signed "The Pledge" and will work hard to be the people's voice in the Governor's office by putting "People Above Politics."

Thomson concluded, "I encourage New Hampshire taxpayers to join Sheila and me on September 13th to vote for a proven "Tax Fighter": Jeanie Forrester for Governor."



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A Walk in the Woods - Looking for the Balsam Fir

By Jim Frohn,
Grafton County Forester

The balsam fir- which I sometimes hear referred to as simply "Christmas trees", even when in a mature forest- is one of our most common trees. And it is probably the tree that is most recognized by its scent. The smell of balsam fir is widely recognized due to its association with Christmas, especially a New England Christmas, in the form of Christmas trees and wreaths. When people think of smells associated with the holiday, the scent of balsam fir is probably one of the first to come to mind. It is also a scent strongly associated with the North Woods, due to the tree's abundance.

As I write this, I'm thinking August is a strange time to be writing about things associated with Christmas and the holiday season. But what inspired me to write about the balsam fir this month is the numerous dead and dying fir I've been seeing on my visits to woodlots and travels throughout the region.

Pests and Diseases

On a recent woodlot visit I was looking at a number of mature balsam fir that were infested with balsam wooly adelgid (BWA), a tiny sap-sucking insect that exudes a white, wooly looking sub-

stance. The BWA has a long thin mouthpart that pierces the bark and sucks out the sap. This non-native insect has been in New England for at least 80 years, and while it is prevalent in our forests, it has been kept in check by cold temperatures. This year, however, we have seen a large increase in the BWA population due to the mild winter. Heavy infestations of the insect can kill a tree within three years, and even when the tree survives, it develops a hard, brittle, "redwood" that affects the lumber quality. In addition, insect feeding affects the flow of sap in the trees, making them more susceptible to drought. So the mild winter and dry summer have created the perfect recipe for a large infestation and increased mortality this year.

In a forest setting, there are a couple of practical methods that reduce risk of loss to BWA. One is cold weather, which will hopefully resume this coming winter and knock back the BWA population. Unfortunately we don't have control over the weather, but we do have control over how we manage the forest. So the most effective way to reduce risk is to manage the forest for species and age class diversity. A forest that has a greater variety of species and a range of age classes from

seedling to sawtimber size trees will be less susceptible to BWA infestation than forests with a high percentage of fir of similar age. This is true of any forest- the greater the diversity of age classes and species, the more resilient it is to any one insect, disease, or other damaging agent.

Another problem in fir we are seeing this summer is needle cast, which turns needles brown. This is a fungus that thrives and spreads during wet summers, then the following summer symptoms begin to appear. These include the browning of needles and the dieback of branches, usually starting at the bottom of the tree and proceeding upwards. So even though this is a dry summer, it is last year's wet summer that created the conditions for the current infestation. A year or two of infestation won't kill the tree, but chronic infestations may eventually lead to the tree's demise. There aren't any practical controls for the needle cast in a forest setting. Again, diversity of species and size classes is key to reducing risk of loss.

Yet another insect that attacks fir, and a major one at that, is the spruce budworm. This is a native moth that, despite its name, prefers the balsam fir. It is the larval stage of the moth that feeds on the foliage of mainly fir trees, but also spruce. Populations of this insect experience periodic outbreaks, which can cause widespread mortality in mature stands. The population seems to reach epidemic levels every few decades. The last heavy outbreak in northern New England was in the late 1970s and early 1980s, and today there are large populations in Quebec and New Brunswick. Forests with high percentages of mature fir are more susceptible than those with more species and age class diversity.

In addition to insects, the balsam fir is susceptible to red heart rot and butt rot - fungal infections that affect the interior of the trunk and destroy the lumber value. They also weaken the tree and make them more susceptible to wind damage. Balsam fir is also shallow rooted, which also increases risk of wind throw.

A Prolific Tree

With its vulnerability to numerous insects, diseases, and wind damage, how does balsam fir stand a chance of survival, let alone be one of our more abundant trees? The answer is that it grows

in a wide variety of soils and site conditions, and is a prolific seed producer. The balsam fir likes a cool climate with abundant rainfall and can grow on acidic soils that range from poorly drained to very well drained. It produces a good seed crop every 2 to 4 years, with some seed production every year. Seed fall begins in late August and can continue into November and through the winter. Seed can disperse long distances over snowpack. During an abundant seed year, one cone can produce more than 130 seeds, and there may be 5 to 18 pounds of seed per acre. Enough seed is produced so some of it escapes the depredations of feeding mice, voles, and birds. Seed can germinate in the shade quite well, and the seedlings and saplings will develop slowly in the understory until the removal of nearby trees gives them a chance to flourish. Research has shown some "sapling" size trees are actually 40-50 years old and older, and they grow quite well after release from competition.

Important for Wildlife

The balsam fir is an important tree for wildlife. The seeds provide food for mice, voles, squirrels, and birds. Birds excavate cavities in the trunks, and feed on the tips. Dense stands of fir saplings provide critical habitat for snowshoe hares to feed and hide from predators, among which are most of the predators of the northern forest, including lynx and bobcat. Mature balsam fir, in conjunction with spruce, hemlock, cedar, and pine, are an important part of deer wintering areas. The dense evergreen foliage in closed canopy stands retains snow, resulting in less snow on the ground underneath, and less exposure to the wind.

Uses

The balsam fir has many uses. Christmas trees are grown all over New Hampshire and sold far beyond its borders every holiday season. The boughs, called balsam brush in many areas and fir tips in Maine, are used to make wreaths, a multimillion dollar industry. When I worked on state lands in eastern Maine, I would start getting calls in October for "tipping permits". The gathering of balsam fir tips and the making of wreaths is an essential part of the economy in that area. Gathering fir brush and making wreaths are important activities in many rural parts of New Hampshire and Ver-

mont as well.

In addition to the boughs of the tree, there are uses for the needles, the pitch, and of course the lumber. The needles are collected, dried and used to stuff pillows and sachets, which people buy to have something to remind them of the North Woods or the holiday season. The pitch found in the abundant bark blisters, or pitch pockets, on the surface of the trunk can be used as a salve on cuts and abrasions and was used by Native Americans for many more medicinal purposes. The balsam fir gets its name from the oleoresin found in the bark blisters. Oleoresins, according to Wikipedia, are "semi-solid extracts composed of a resin in solution in an essential and/or fatty oil". Naturally occurring oleoresins are called balsams. The balsam derived from balsam fir is also known as Canada balsam. One interesting use of Canada balsam is as a medium for mounting microscopic specimens and as a cement for optical systems, because of its near invisibility after drying.

A Symbol of the North Woods

The balsam fir is an important tree of our northern forest, not only from an economic and ecological standpoint, but a symbolic one as well. The sight of dark green, pointed fir crowns, and the scent of balsam filling the air, is a quintessential scene of the North Woods. In spite of the many insects, diseases, and fungi that threaten individual trees, the balsam fir remains abundant in our forests and hopefully will continue to play a valuable role into the foreseeable future.

Reference - Balsam Fir, by Robert M. Frank, in USDA Forest Service publication *Silvics of North America*, Volume 1. Conifers

Author's Note: In response to last month's article on white birch, Mr. Bob Harris was kind enough to contact me and remind me of the significance of the Shelburne Birches. He wrote that "the Shelburne Birches were originally a memorial to the soldiers from Shelburne that served in World War II. They were rededicated in the 1990's to all those fallen in defense of their country. I fear their origin is getting lost with time." Thank you Mr. Harris for this important reminder, and let us never forget those who have sacrificed their lives in the service of our country.



Questioning the Grafton County Budget

by Randy Subject
Candidate for Grafton County Commissioner
(District #2)

I am writing to you regarding Grafton County Commissioner Linda Lauer's recent letter to the Editor in the Bridge on the subject of the 2017 Grafton County tax increase.

Yes, Ms. Lauer the data was accurate and there was an increase. Regardless of the percentage of the increase; the people of Grafton County are not happy with any increase because there was really no reason for it. No Matter how you explain the 8.10% county Budget increase or by what town and DRA equalization formula you use as an example the result is still the same. You cannot explain away the smell of a skunk by telling everybody it is only the fragrance of a rose. The Democrat dominated Commission and Delegation charged the people of Grafton County with a tax increase. Liberal Democrat "Tax and Spend" has struck yet again, and by doing so, has not served all of our Citizens.

Since you spoke of "The Reality of the 2017 Budget" in your letter here are a few realities you didn't mention. During the last two years of the Commission's term the "Surplus Fund" was depleted due to over spending and poor fiscal planning. Did the Commission not see this coming as a responsible executive would? Non-Taxpayer funded revenues had not been explored, such as filling the empty jail beds with "other agency" inmates which would have brought much needed revenue funds to our County. At no time was the Grafton County Jail Superintendent ever directed by the Commissioners to explore this possibility. Why Not?

Another "reality" of the 2017 Grafton County Budget is the total line item for charitable donations is over \$505,000.00. How can you

justify giving Grafton County tax payer funds away if you know you have a shortfall? Why wouldn't the commission defer most of these requests back to the organizations to explore a grant process or be directed to solicit private citizens for the funds? The Democrat dominated Commission and Delegation "Tax and spend" policies strike again leaving the people of Grafton County paying the bill. Another tax bill we cannot afford.

Ms. Lauer wants you to think she did her job well and vote her in again, in spite of her dismal record of poor fiscal responsibility and over-spending our hard earned tax dollars. Mr. Cryons wants you to think he did a great job chairing the same Commission delivering the same 8.10% increase. In fact, he thinks you should give him a raise by voting him in as Executive Counselor which will make him responsible for contracts involving even more millions of our tax dollars. Together, they illustrate and practice an academic elitist attitude we can no longer afford in New Hampshire.

Let's put this in perspective. Today's Democrat party is not your Grandparent's or even Parent's Democrat party at work here. They have transformed from the Party for the working Family to a divisive party of an ever growing and costly bureaucracy which continues to spend our money freely without regard for us. Our citizens that receive Social Security never received an increase in their Cost Of Living Allowance (COLA) this year. Our Military Retired also received the same 0% COLA. How can anyone justify any Budget increase on the backs of the people that built and defended our Nation? No matter what political party you claim, this is wrong and does not smell like a rose as Ms. Lauer would have you believe. "Enough is Enough."

Grafton County Budget - My Perspective

by Linda D. Lauer
Grafton County
Commissioner, District 2

I feel that I must respond to accusations that Randy Subject made in his recent article in several local newspapers. His assertion that there is no need for a county tax increase conveniently ignores the well-publicized fact that this year's increase was completely driven by the unavailability of surplus funds to reduce taxes (which had been done for at least three previous years), and that the decrease in surplus funds was primarily driven by the need for unanticipated repairs to the Grafton County Nursing Home to fix life safety issues. In addition to the cost of the repairs, our revenue was decreased because we were forced to reduce the census in the Nursing Home during the repairs. The repairs were not optional- they were absolutely required. We had no advance notice of this drain on surplus funds. If we had had last year's surplus fund balance to apply to this year's taxes, the amount to be raised by taxes would have actually gone down rather than up.

As far as the "Surplus Fund" being depleted and no one noticing, the Surplus is not a savings account. There is no passbook that gives us a running tally of its balance. It is an accounting number that projects the difference between revenues and expenses at year-end, and the number changes daily as revenues and expenses change. Had anyone known in 2014 that we needed to repair the Nursing Home in 2015, the Delegation would very possibly have chosen not to vote to use the fund to reduce taxes (and yes, it is the Delegation, not the Commissioners, that has final approval of the County budget), and this year's tax increase could have been spread over the past few years. A potential problem with the surplus fund bal-

ance was first identified in late 2015 during the annual audit by an independent firm, and the Commissioners immediately took action by setting both a long-term goal and a plan to gradually increase the surplus.

Mr. Subject's letter accuses the County of ignoring potential non-taxpayer funded revenues such as "filling the empty jail beds with "other agency" inmates.....". First, Grafton County does, in fact, house all Coos County females for a fee. Second, we have a maximum capacity of 150 inmates, and last year we had 130 inmates at one point and no way of knowing if more would come in. The Grafton County Correctional Facility does not have a guaranteed surplus of empty beds. Third, and most importantly, is just exactly where would these "other agency" inmates come from? Every county has its own jail, and Berlin has plenty of empty beds in its Federal prison. Both Coos and Carroll County jumped through hoops to get certified to accept Federal prisoners. In 14 months, Carroll County has received no one and Coos has had only a few overnight "guests" from Border Patrol.

Mr. Subject continues his rant by talking about charitable donations that are made to Grafton County social service agencies. These contributions were started while Ray Burton was a Commissioner. This year's budget reflects an \$81,000 reduction from requested funding and a \$12,000 reduction from last year's funding for the same purpose. Completely eliminating the donations would save taxpayers less than \$3 for each \$100,000 of appraised value. The contributions are limited to senior citizen services that keep our seniors at home and avoid the expense of expanding the Nursing Home, and programs that keep our youth out of trouble and off drugs. The long-term goal

of these contributions is to reduce county taxes.

I believe that my role is to strike the best possible balance between keeping taxes low and meeting the needs of Grafton County, and not just to cut spending. I recognize, however, that this is a philosophical difference between the political parties, and would welcome the opportunity to discuss it in a neutral setting should Mr. Subject win his Primary.

Finally, I'd like to take exception to two direct attacks on me. First, Mr. Subject refers to my "academic elitist attitude." I refuse to apologize for the fact that I worked and borrowed money to get through 9 years of college with no financial support available from my lower middle-class family. If Mr. Subject feels threatened by my education, I'd suggest that he take a look at himself and not me. My second exception concerns his remark that "How can anyone justify any budget increase on the backs of the people that built [referring to Social Security] and defended [referring to our military] our nation?" My current income includes Social Security, and I absolutely agree that it is wrong that there has been no increase in payments. Our seniors have been a pawn in Washington, and it is disgraceful. As far as the military- unlike Mr. Subject, I am a veteran. I have a nephew who is permanently disabled from his service in Iraq, and a niece who lost her husband in an IED attack in Afghanistan. To imply in any way, shape or form that I do not value our military or our veterans is inaccurate and disgusting.

Mr. Subject is right about one thing. Enough is enough. The County Commissioner race should not be a mudslinging spree or a political football, but rather a respectful discussion of our differences and ways to move the County forward. My offer to discuss our differences in a neutral setting stands.

Grafton County Taxes

BY Stephen Whitney
Bath, NH
Republican Candidate
for Grafton County
Commissioner, District 2

In the past couple weeks there have been articles in area papers concerning Grafton County tax increases. The increases came about because repairs had to be made in the nursing complex and it was determined it would take six months for the work to be completed at an estimat-

ed cost of \$859,000. This amount would come out of surplus funds and not be borrowed to avoid increasing county debt. Due to unforeseen events, the work took one year to complete at a cost of \$862,700. As a result, there was less revenue because fewer residents were admitted to the nursing home during the renovation.

The county provides and pays for many services that are mandated by law. The county receives Medicaid payments for residents who

qualify for it. The Medicaid rate is \$158.00 a day for residents of Grafton County. Private residents pay \$275.00 daily for a semi private room and \$295.00 for a private room until they qualify for Medicaid. The county also helps pay for services for Grafton County seniors who are chronically ill, as well as people with disabilities who receive home based care that helps them to live independently in their homes. The number of people helped in fiscal year 2015 was 650 people and the cost to the county was roughly 1.7 million dol-

lars. If these services were not available, most of these people would need nursing home care and the cost to Grafton County would be millions more each year. For well over thirty years, Grafton and other NH counties have allocated funds to local social service agencies, such as Meals on Wheels, the Visiting Nurse Association, Home Health Care, Hospice services and homeless shelters. These agencies rely on grants, donations and support from local communities. If the county did not allocate funds, their services could be jeopar-

dized. The monies spent on these various resources to assist our citizens and fellow taxpayers to live in their homes as long as possible and keep costs down benefit our citizens, taxpayers and a growing aging population.

Placing more inmates in the county jail such as federal prisoners would not be feasible because other counties have tried and have been unsuccessful. If more inmates were housed in the facility more staff would have to be hired and thus no revenue.

Janice Marion Lebron - OBITUARY

Woodsville, NH – Janice Marion Lebron, 73, formerly of Groton, VT, passed away on Tuesday, August 30, 2016, at the Dartmouth Hitchcock Medical Center, Lebanon, NH.

Janice was born in Woodsville, NH, June 18, 1943, the daughter of Irving Edward and Hazel Madeline (Brown) Placey, Sr.

She graduated from Woodsville High School, class of 1961 and went on to Bible College in New Brunswick, ME. She graduated in 1966 with a degree in Missions. Janice taught Sunday school for many years in Amsterdam, NY. She went door to door in hopes to lead people to Christ. Janice was a homemaker for many years while her children were growing up and also did day-care in her home. She then worked at Liberty ARC in Amsterdam, NY working with Autistic and developmentally disabled adults. Janice married Silvestre "Chico" Lebron, Sr. on February 2, 1972. The family moved from Amsterdam to Groton, VT in

1993 and was there until September of 2015 when they moved to Woodsville. Janice loved reading the Bible, moose watching with her sisters in Pittsburg, NH, computer games, puzzles, scrapbooking, and coloring. She loved spending time with her children, grandchildren, and family.

She was predeceased by her parents, Irving E. Placey, Sr on March 24, 1992 and Hazel M. Placey on November 9, 2006; a son, Peter Silvestre Lebron on February 4, 1971; a granddaughter, Katarina Bliss Lotman in January of 1995; a sister, Beverly Placey in 1946; and brother-in-law, Clifton Lique on February 9, 2016.

Survivors include her husband of 44 years, Silvestre "Chico" Lebron, Sr. of Woodsville; a daughter, Jennie May Lebron of Woodsville; four sons, twins, Brian Lebron of Arizona and Benjamin Lebron and wife Missy of Arizona, Larry Lotman and Jill Mackey of Broadalbin, NY, and Peter Lotman and wife Nina of Manchester, NH;



a step daughter, Esmelinda Lebron and husband Gerald Henderson, Sr. of New Jersey; two stepsons, Silvestre Lebron, Jr. of North River, NY and Digno Caraballo of Miami, FL; four sisters, Barbara Placey of Bath, NH, Norma Lique of North Haverhill, NH, Betty Placey-Dube and husband Renee' of North Haverhill, and Penny Achilles and husband David of Groton, VT; three brothers, Robert Placey and wife Suzanne of Lisbon, NH, Raymond Placey and wife Pauline of North Haverhill, and Irving Placey, Jr. of North Haverhill; 18 grandchildren; 7 great grandchildren; and several nieces, nephews, and cousins.

There will be no calling hours.

A graveside service will be held on Saturday, September 17, at 11 AM at the Upper Plain Cemetery, Bradford, VT with Pastor Alan Morrison from the Calvary Baptist Church officiating. A celebration of her life will follow at the Groton Town Hall, Groton, VT.

In lieu of flowers, memorial contributions may be made to the Calvary Baptist Church, 20 Elm Street, Woodsville, NH 03785.

For more information or to sign an online condolence please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Dan

by Elinor Mawson

I don't really remember when we met him; it must have been a dinner party at friends' house, but it became a friendship like no other.

For one thing, he was a Catholic priest--but a priest like no other. There was no doubt that he was in the room. Tall, a little portly, and wearing a t-shirt and sweat pants, he could have been anyone. And he was always happy.

After that first meeting, we began having a dinner with him every month. Since he always carried his calendar with him, he would figure out a day and time and we would look forward to the next one. Sometimes there would be more than the 5 of us. When he came to our house he would sit in a rocking chair at the end of the table, and when he said grace it always had a reference to his huge appetite--a little irreverent but funny nonetheless.

* Once a month when we all meet Father Dan will join us to eat Whether its fish or its fowl We all have a howl And they can hear us out on the street.

Our dinners were always plentiful, and we enjoyed watching Dan partake of seconds and sometimes thirds. Once when I made him a cake with boiled frosting (a request--he loved it), he ate 3 pieces and took the rest home.

Dan's jokes were legendary. All of them were corny, but he would laugh uproariously when he delivered the punch line.

* And then there is Dan Sini-

baldi Whose jokes are very high quality. His laughs are quite loud And he's very proud Of participating in jollity.

Dan liked trading cars. Sometimes he would trade a couple of times a year. We never knew the make or model of vehicle we would see him in next.

* Who would not like Father Dan? He's really a bear of a man. Without waiting for summer He bought a new Hummer And traded away his white van.

Some of his older parishioners had a hard time getting used to a priest who used levity and fun in his preaching. There could be a lot of laughing during the church service but everyone always knew that Father Dan was sincere, and a true believer. He regularly visited people in nursing homes and the hospital. He also visited people who were not even Catholic.

When he was transferred to a parish in Rochester, we really missed him. Several times a year, we and our friends would meet him for lunch at a restaurant halfway in between. During these times, he would bring his mother, Pat who lived with him at the Rectory. (She always had a lobster roll).

The last time we saw him, we had our son with us. Father Dan was wearing Red Sox flannel pajama bottoms and a t-shirt, and spent 15 minutes exclaiming over the truck our son was driving. At lunch, we talked about the next place we would meet, not knowing that Father Dan would become ill. At one point, he was between treatments and suggested that we meet somewhere for lunch. Unfortunately that was not to be.

Dan died last week. He was one of those people that you never forget. We will always remember his wit, his sincerity, his appetite, his joy, and the fact that he was our friend. And we aren't even Catholic.



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Not all Times are Trendy, but there will always be Trendy Times

September 6, 2016

Volume 7 Number 24

Changing Society's Perspective

Editor's Note: This is the next submission in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective.

We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.

Life Lessons – Living with a Physical Disability



Dori Hamilton, outgoing president and Jane Graham, outgoing Treasurer were honored by Friends in Council, Lisbon area Woman's club, and acknowledged by the General Federation of Woman's Clubs New Hampshire at the Annual Meeting by being chosen for the State Honor Roll. Since 1939, the Honor Roll has been a traditional way of recognizing exceptional Club Women throughout the state, who have contributed and made a positive difference in their club and community.

Friends in Council, GFWC NH was recognized by the General Federation of Woman's Clubs NH by receiving the 2015 Arts Spotlight Award, the project consisted of purchasing and donating a set of chimes for the Lisbon Regional School Music Program in memory of our member Sally Boivin

Always a Journey; So make it a Happy One

by Cyndi Wellman

Personally for me: Choose not to follow society's way of thinking.

I live the life that is meant for me.

Be your own biggest Fan! Nobody is going to do a better job of it!

You have to stand up for yourself.

Trying to keep up with the Jones's, is only going to make you miserable.

Live with less, try to be

content with what I have.

Here's something I wrote down: Jan. 18, 2013

It was the coldest day that month. 5 below zero! My camera is broken and binoculars are in the car. It's a crisp beautiful morning. I spotted an owl perched in a pine tree, couldn't tell exactly which one. Maybe a Barred owl.

As I'm thankful for my eyesight. Smile on my face. Owl stayed approx. 5 min. Then it's powerful brown wings flew off. This is my kind of way to start the day off.

Point here is: Choose to complain n' be a follower because the weather was cold. Or find something to be appreciative of.

Try to learn to love – the new you. Continue to adapt. Think of it this way: Gives you a chance to concentrate on living life. What you would like to accomplish.

Believe no Doctor; will ever tell you this!!!

The MS and auto-immune disorder Support Group meets at Horse Meadow Senior Center the third Monday of each month at 1 p.m. All are welcome.

Thinking About Quitting Tobacco?

Tobacco products contain over 4000 dangerous chemicals, including nicotine, which is the drug that keeps people using these products even when they want to stop. Once addicted to nicotine, it takes most people several attempts to quit for good.

Northeastern Vermont Regional Hospital's, Alcohol, Tobacco & Other Drug (ATOD) Prevention Coalition has partnered with the VT Department of Health's 802Quits Program to provide Free tobacco cessation services for people who have chosen to quit their tobacco use (cigarettes, chew, etc.).

Most adults report that they started using tobacco in Middle and High School. An alarming number of Caledonia County students are becoming trapped by this deadly addiction. According to the 2015 VT Youth Risk Behavior Survey, 7% of high school students smoked their first whole cigarette before the age of thirteen. 17% reported smoking cigarettes within the past 30 days. 26% used electronic vapor products in the past 30 days. This

is statistically higher than the Vermont rates of 11% for cigarettes and 15% for vapor. According to the Center for Disease Control (CDC), smoking is responsible for nearly 480,000 deaths in the U.S. annually, and another 8.6 million people live with serious illnesses caused by smoking (lung cancer, heart disease, COPD, emphysema, and many more. More than 41,000 of these deaths are associated with the exposure to second-hand smoke.

Studies have shown that people who use nicotine replacement products (patches, gum, and lozenges), along with counseling are most likely to have a successful quit attempt. The 802Quits Program is here to help. To sign up for a FREE workshop or individual counseling, and to receive nicotine replacement products please call 802-748-7532. If a group is not your style, you can contact the 802Quits Program for Free phone counseling at 1-800-784-8669 or visit them online at 802Quits.org.

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by Ronda Marsh
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Delicious Dutch Baby

Have you ever had a "Dutch Baby?" (And no, I'm not talking about a small toddler from the Netherlands, either!) For those of you whom have yet to enjoy this toothsome delight, let me explain. A Dutch Baby is a buttery, puffy fusion of a pancake, crepe, and pop-over which, in spite of its name, has absolutely nothing to do with the Dutch at all...but more about that in a bit.

Dutch Babies are pretty versatile in that they can be savory or sweet, and eaten

for breakfast, brunch, or dessert. While they are most often served simply dusted with powdered sugar, they can also be drizzled with Maple syrup, or filled with jam or berries and topped with whipped cream.

In reality, a Dutch Baby is more akin to a German Pancake, but when restaurateur Victor Manca introduced it on his menu in 1942 as "Deutch Babka," his little daughter, who was known to sneak a slice or two, misunderstood, and started referring to it as "Dutch Baby." Soon, every-

one was calling it that, and the misnomer stuck.

Making a Dutch Baby for yourself couldn't be simpler. Most of the ingredients are tossed in a blender (or you can whisk them by hand) then poured into a hot pan on a puddle of melted butter. The result is fast and impressive, and no matter how you choose to finish it off, I know you're going to love Dutch Babies, too!

- ½ cup all-purpose flour
- ½ cup whole milk
- 3 eggs
- 1 Tablespoon granulated sugar
- ¼ teaspoon grated nutmeg
- Pinch of salt
- 4 Tablespoons butter (no substitute)
- Powdered sugar for dusting, jam, syrup, berries, etc., as desired.

Preheat oven to 425°F. In jar of blender, place the flour, milk, eggs, sugar, nutmeg, and salt. Blend until smooth. Put butter in a 10"

ovenproof skillet and place in oven until foamy and bubbly, being careful not to burn it. Remove hot skillet and pour batter in. Return immediately to oven and bake for 20 minutes until puffed and golden brown. Reduce

oven to 300°F and continue to bake another 5 to 7 minutes. Remove from oven, cut in wedges and serve immediately, dusted with powdered sugar or garnished as desired.

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Bob Gray - Owner, 4 Corners Farm South Newbury, VT

Inside the Farmstand, with one of his local employees, Becca Haney.

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